

Linda Clair
Ten-day Meditation Retreat
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Transcription from Audio Recordings

FILE 5A – Introduction to meditation

Linda: So, take a few deep breaths into your body, deeply into your body. Everything you want, everything you've ever wanted, is in you. What more could you want right now? We're warm, plenty of food, it's a beautiful cold, rainy day – perfect for sitting. How could it be better than this? But each time you start to think, to move away from where you are, you're looking for something better, something different.

So, as I often say, we're not looking at stopping thinking, we're going much deeper than that. That is, getting to the source of the desire to think. "Why do I think? Why aren't I content with simply sitting here right now in my body? Why do I always want something different, something more? Why am I not content simply being here?" That's what we are doing here – going deeply into your body to find, eventually, the source of your discontent.

On the way to that source you will go through various layers of your past, which you don't need to analyse but feel, feel as a sensation in your body. You might find that memories of things in your life suddenly arise. The more you react to them the more you feed them. So, try and see them, come back to the body. It's like you are turning the clock back, turning the momentum, a reverse momentum back to the source of your unhappiness, the source of your suffering. And it's all to do with your attachment to your body, to this person who you think you are that starts and ends with this body.

So, use any sensations in your body that you can to keep bringing your attention back. Use your breath in the abdomen as your anchor – not your focus but the anchor.